

NOVEMBER/DECEMBER 2024

**CNBC44/FNBC43 — LIFE STYLE DISEASES
AND PREVENTION (NME II)**

Time : Three hours

Maximum : 75 marks



SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What are the functions of balanced diet?
2. Which foods are rich in fibre?
3. Write any two most common lifestyle diseases.
4. Which type of lifestyle disease is associated with alcoholism?
5. How does cure hormonal imbalances?
6. Write any two emotional signs of stress.
7. Define cholera.
8. Which factors causes partial stroke?
9. Note any three stress management techniques.
10. What is a normal sleep pattern?

SECTION B — ($5 \times 5 = 25$ marks)

Answer ALL questions.

11. (a) Short notes on micro nutrients in our diet.
Or
(b) Brief about nutrients and their sources.
12. (a) List out the five Harmful Effects of fast Foods.
Or
(b) Which is the best treatment for computer vision syndrome?
13. (a) Brief note on memory dysfunction.
Or
(b) What are the risk factors involved in suicidal Behaviour?
14. (a) What is the difference between Type 1 and Type 2 diabetes?
Or
(b) List out the symptoms and causes of AIDS.
15. (a) Write in brief about the health benefits of deep sleep.
Or
(b) How do out door games help to maintain the good health?

SECTION C — ($3 \times 10 = 30$ marks)

Answer any THREE questions.

16. Detail about types of micronutrients and its major role.
17. Explain the types of technologies present in health deterioration.
18. Discuss about non communicable diseases.
19. Explain the causes and treatments of renal calculi and gall stones.
20. How to maintain the good health condition of our body?